

ADJUSTABLE PAD FOR SUPPORTING HANDS AND ARMS**Abstract of the Disclosure**

A system and method support the forearms, wrists and hands of a user performing repetitive tasks. A support pad has a low-friction upper surface. A cradle is attached to each of the user's wrists. A first portion of a cradle supports the lower portion of the forearm, including the wrist, when the first portion rests upon the upper surface of the support pad. A second portion of each cradle supports the hand of the user. A retaining device attaches the cradle to the lower forearm. The low-friction upper surface advantageously comprises neoprene material (e.g., wetsuit material). The system and method reduce strains on the arms and shoulders of the user by supporting the user's arms and hands while the user performs the repetitive tasks.

JTS-19029.DOC
20040119/1